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CANDICE WARD/FOR METRO

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Calgary Stampeders release veteran middle linebacker Juwan Simpson after eight years with team

metroSPORTS

Condo values taking big hit

REAL ESTATE

Overall home sales in 2015 fall 26 per cent

Brodie Thomas
Metro | Calgary

You've probably heard how the price of luxury homes is taking a beating in this struggling economy.

But what you may not have heard was how condos have seen some of the biggest drops in prices over the past year.

The Calgary Real Estate Board released their December and year-end numbers for 2015 on Monday, and year over year, apartments (condo units) saw the biggest drop in average price in 2015 when compared with attached and detached homes — 4.55 per cent over 2014.

The average Calgary apartment cost $309,372 in 2015, down from $324,128 in the previous year.

Ann-Marie Lurie, chief economist with CREB, said as the market cools, there are just more options available for renters and buyers, and condos get pressure from all sides.

"It's not just resale supply but new home construction —it has to compete with that," said Lurie.

She noted that rental vacancies are over five per cent, meaning there are lower rental prices and less pressure on renters to purchase a home.

John William Wade, realtor with Remax Complete, said he's not surprised to see condo prices sliding the most.

> **"Condos are not real estate from a legal point of view. You own shares in the corporation."**
> John William Wade

He said at a fundamental level, real estate comes down to what the dirt is worth, and condos lack the dirt part of the equation.

"Condos are not real estate from a legal point of view. You own shares in the corporation," said Wade.

He said the average monthly condo fees in Calgary are about $450, and he encourages clients to instead use that to service an extra $100,000 on their mortgage.

"If I have the opportunity to buy a condo for $350,000, and the house for $400,000, now my condo fees are equivalent," he said.

$450

Average monthly condo fee in Calgary.

TALKING SMOKE A GLOSSARY OF VAPING TERMS

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Your essential daily news

Shifting winds of winter ferment fear for icewine industry. **Business**

Calls for over-the-counter birth control in Alberta

MEDICINE

Pill now being sold without prescription in state of Oregon

Aaron Chatha
Metro | Calgary

As of Jan. 1, women in the U.S. state of Oregon no longer need a prescription to obtain birth control — now advocates in Calgary say a similar system would do wonders for women's reproductive health in Alberta.

Currently, Calgarian women must visit their physician and ask for a prescription. Doctors will usually prescribe a year's worth of birth control.

"But, anything that's a barrier is a problem, right?" said Pam Krause, president and CEO of the Calgary Sexual Health Centre. "So to move from it being any kind of barrier to just an over-the-counter drug will encourage usage, which decreases unplanned pregnancies."

Krause said the move would be important step for women's rights, so long as the cost is such that any woman can access it, regardless of economic barriers. She also noted the need for regulation — whether in Canada or in the U.S. — is needed. Pharmacists will need to be educated to offer alternatives, depending on how women's bodies react to certain types of birth control.

Birth control is now available to women over the counter in the state of Oregon — so long as they fill out a health questionnaire. COURTESY WIKIPEDIA COMMONS

An Alberta Health spokesperson noted that Alberta pharmacists are able to provide Schedule 1 drugs, like birth control, without a physician's prescription, so long as they have additional prescribing authority.

For Krause, additional barriers include religious conflict. She pointed out a 2014 controversy where a physician at the walk-in Westglen Medical Centre refused to prescribe birth control due to religious beliefs.

College of Physicians and Surgeons of Alberta said if there is a service the physician will not provide, patients must be referred to another resource to obtain that service.

> **So to move from it being any kind of barrier to just an over-the-counter drug will encourage usage, which decreases unplanned pregnancies.**
> Pam Krause, president and CEO of the Calgary Sexual Health Centre

In terms of providing birth control at pharmacies, Krause is concerned women may have to travel to far to obtain birth control.

"The only thing that I care about is that there is someone who is readily available to offer that service," she said. "In my mind, that's the person sitting next to them — not going to three other pharmacies to see if someone will fill it."

Krause also noted many women use the yearly birth-control prescription visit to also get pap test to check for cervical cancer — so a new mechanism will have to be put into place to remind women to get tested annually.

POLITICS

No-NDP group has Star Wars message

Jeremy Simes
For Metro | Calgary

The Alberta NDP doesn't mind a rebel uprising that's been brewing in a galaxy far, far away.

The No NDP Alberta group is using the likes of Star Wars to drum-up anti-NDP sentiment, asking locals — or "stormtroopers" — to sign a petition to "bring peace back to the Galaxy — and to Alberta!," according to the group's website. "I don't mind this, as long as I get to be Luke Skywalker," said Deron Bilous, Minister of Economic Development.

On its website, the group said its "stormtroopers will canvass (Calgary) for signatures for our petitions and plebiscites to help remove the NDP, whose reign is far more evil than the Sith themselves."

It continues: "Due to the extreme evil of the NDP, the Jedi and members of the Rebel Alliance are welcome to join us as well in the petition and plebiscite drive against the NDP, our common enemy."

If you wish to sign the petition and learn more about the group's protest times, you can email adfundit1@gmail.com, who claims to be "Lord Darth Vader."

MEDIA

CBC to sell historic building

CBC Calgary will be moving to a new location after the company's board of directors approved the sale of its current building at 1724 Westmount Blvd. NW — where it has been located since 1960.

Johnny Michel, senior managing director, CBC English services B.C. and Alberta, said the current building is aging, in need of extensive repairs and too large for their needs. Many of their team members are spread across different floors. "The building clearly was built for a different broadcasting era," said Michel. "Things have changed."

> **It was clearly built for a different broadcasting era. Things have changed.**
> CBC senior managing director Johnny Michel

By mid-2017, he hopes the CBC will move into its significantly smaller new location at the Cambrian Wellness Centre at 2000 Veteran's Place NW. The current building is about 62,000 square feet, while the new one will be only 17,000 square feet. "The technology is going to be completely up-to-date and it's going to support a multi-platform offering," said Michel. "At the same time, we'll operate in a fully integrated way, between all our platforms."

No programming will be affected by the move. "The same programming and services that are currently being delivered will be moving to the new location," said Michel. In 1960 CBC built its first relay station at the currently location and four years later a studio was completed. The station was named CBR Calgary.

AARON CHATHA/METRO

The CBC has approved a move to sell its current Calgary building, which it has occupied since 1960. AARON CHATHA/METRO

Naloxone might soon be OK'd for family members

ADDICTION

Alberta Health aims to relax its fentanyl antidote rules

Jeremy Simes
For Metro | Calgary

Fentanyl claimed 213 lives in Alberta in 2015. METRO FILE

Alberta Health is working to make naloxone available to family members of Albertans addicted to fentanyl.

On Sunday, Metro learned parents aren't allowed to obtain naloxone kits for their fentanyl-addicted kids.

Naloxone is an antidote that can reverse fentanyl overdoses.

"Alberta Health and our partners recognize that the prescription requirement for naloxone can be a barrier to access, and we continue to work with the federal government, and our provincial and territorial counterparts, to make this drug available to Albertans without a prescription," said Dr. Martin Lavoie, Alberta Health's acting chief medical officer of health, in a statement.

Currently, naloxone is defined as a Schedule 1 drug under Health Canada, meaning it can only be dispensed to a person who has a prescription, Lavoie added.

"Prescribing standards require that a person receiving a prescription must first be seen and assessed by a physician or other prescriber."

A local mom — who doesn't wish to have her name published — was outraged she couldn't get naloxone for her fentanyl-addicted son.

> **Even though kits are available ... the real issue is the lack of detox space and lack of treatment for middle-class families.**
> Mother of fentanyl-addicted teen

She's been dealing with her son's fentanyl addiction for months and, recently, gave him CPR over the holidays before EMS arrived to revive him, she said.

Lavoie said parents can take their children to distribution sites to get the kits.

"Although prescriptions for naloxone cannot be given to a third party without the patient being present, we do want people to know that they can take their children or loved ones to a family doctor or other prescriber to request naloxone and to get information about treatment options," he said.

The mom said she didn't go with her son, 18, to get naloxone prior to his relapse — he hasn't been home.

"I found out his relapse was on the 23rd (of December) and I had him in detox on Monday," she said, adding she inquired about the kits after the incident.

She said she has seen her son in and out of detox centres multiple times, adding the government isn't doing enough for kids leaving detox centres.

"Even though kits are available, it's just another Band-Aid solution," she said. "The real issue is the lack of detox space and lack of treatment for middle-class families.

"The amount (of kids) saved by naloxone is a drop in a bucket compared to the amount we're going to lose (to fentanyl). (Naloxone) is like a fire extinguisher to a forest fire. We need to bring in the water bombers now."

FATALITY INQUIRY

Judge: Gun licensing needs to be stricter

A fatality inquiry judge is calling for stricter reviews of gun licence applications, after reviewing the case of a southern Alberta man with a history of mental problems who was fatally shot by police.

Corey Lewis, 39, was shot outside his Okotoks home in July 2010 after a standoff with an RCMP tactical team.

He was found holding a dark-coloured umbrella that he had pointed at officers. They thought the object was a weapon.

Provincial court Judge Marlene Graham says she finds it disturbing that Lewis was granted licences for five firearms, including restricted weapons, despite his mental problems, a suicide attempt and a previous emergency protection order.

"I do find that Mr. Lewis's possession of the five long-barreled guns was an integral part of the event leading up to his death," Graham wrote in his report, which was released Monday.

"I find that the screening process used to grant the gun licences to Mr. Lewis lacked diligence and common sense and gives me no assurance that public safety, which is the purpose of the Firearms Act, was being sufficiently emphasized throughout the process."

Graham recommends better screening for firearms licence applicants, including a telephone interview with the applicant's spouse.

She also recommends that police consult with mental-health professionals when dealing with armed people in standoffs to help get them to surrender.

THE CANADIAN PRESS

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NDP job-creation grant a flawed program: Skeptics

EMPLOYMENT

Critics claim initiative will not encourage real growth

Brodie Thomas
Metro | Calgary

The province's Job Creation Incentive program is now in effect, but even those planning to use the grants are skeptical of their effectiveness.

To qualify for one of the $5,000 grants, a business has to hire someone to a new position after Jan. 1 of this year, creating net growth of employees at their business.

Michelle Berg, owner and president of Elevated HR in Calgary, said she plans to apply for one of the grants for her business. She was planning to hire someone anyway.

That, she says, is the problem with the grants. They help those who have to hire, but don't really encourage growth.

"If the goal was to create new jobs because of weaker oil prices, that's not who is actually going to capitalize on it," she said. "Anyone that's already affected by the weak oil prices is doing layoffs."

She said at best, it helps offset the increase in corporate tax from 10 to 12 per cent.

"For me — what I would love to see grants or incentives that are encouraging my business to grow. This in itself doesn't do that," said Berg.

Justin Smith, director of policy research and Government Relations at the Calgary Chamber of Commerce, said from a policy standpoint he doesn't see any business hiring someone because of a $5,000 incentive.

"It's a weird time to introduce this job incentive because the marketplace has already provided roughly 10 to 15 per cent discounts when it comes to salary negotiations," said Smith.

Rachel Notley's government has launched job-creation grants to stimulate employment. Businesses plan to use the grant when bringing on planned hires, but say they're won't create new jobs as a result of the grant itself. THE CANADIAN PRESS FILE

He said the NDP would have been better off if they had followed British Columbia's lead in creating a small business venture capital tax credit.

He said such a tax credit would have given Albertans a tax deduction for investing in qualified businesses. They could use that money for hiring, new equipment or expansion.

He also questions how the province will make sure the program is policed.

"It is rife for a bit of abuse without that oversight," said Smith. "And with that oversight comes an additional bureaucratic cost as well."

> **The marketplace has already provided roughly 10 to 15 per cent discounts when it comes to salary negotiations.**
> Justin Smith, Calgary Chamber of Commerce

IN BRIEF

Farmer dies in explosion

A man has died from injuries he received in a propane tank explosion on an east-central Alberta farm.

Mounties say the man, who lived on the rural property near Consort, had been operating a propane-fired torch.

Labour Minister Lori Sigurdson said Alberta's new farm safety legislation, which came into effect Friday, doesn't apply in the death.

"The man who died was the owner of the farm," she said in an email. "Because of that, this incident is exempt from the Enhanced Protection for Farm and Ranch Workers Act."

The farm safety act was passed in December after a couple of tumultuous weeks in which farmers protested at the legislature and at public meetings across the province. THE CANADIAN PRESS

Man seriously hurt in Crescent Heights shooting

Calgary police are investigating a Monday morning shooting in Crescent Heights that left one man in serious condition.

At about 1 a.m. on Jan. 4, police were called to the 1300 block of 1 Street NE for reports of a shooting. A man was found in an alley in the area and taken to hospital in serious condition, police said.

Police don't believe it was a random incident, but said a specific motive or description of the suspect isn't yet known.

More details will be made available as the investigation continues.

Anyone who may have information is asked to contact police at (403) 266-1234, or Crime Stoppers anonymously at 1 (800) 222-8477. METRO

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Readers are urged to consult important additional information relating to the offer available at www.suncorofferforcanadianoilsands.com, including Suncor's offer to purchase and take-over bid circular dated October 5, 2015, as amended November 12, 2015 and December 3, 2015.

SUNCOR

Oilpatch concerns trickling down to everyday Albertans

POLL

Province the least happy with finances in the country

Sanam Islam
Metro | Edmonton

The trouble in Alberta's oilpatch has people feeling gloomy about their finances.

A new CIBC poll shows Albertans are the least happy in the country about their current finances — a dramatic change from last year, when they were the most positive.

In this year's survey, only 62 per cent reported feeling confident about their financial situation, down 21 per cent from the year before. Confidence in meeting future goals also dropped 19 points to 72 per cent.

A credit counsellor for the Edmonton region says the impact has been felt at his agency.

"We're really busy. It's tough when so much of the province's economy is tied to one industry," says Craig York of the Credit Counselling Society.

Call volumes for his agency's credit counselling and insolvency department are "well above" those from the year before, York says, and he expects the upward trend to continue.

"Until now, a lot of people may have used credit or savings to get by, but now they're at the point where things haven't picked up in the time they expected," he says.

Most of the concerns centre around job loss and potential layoffs, he says.

"People don't have a feeling of job security, which can impact a lot of decisions. A lot of people are wondering how are we going to get out, how are we going to move forward, and how do you make decisions in times of uncertainty?"

For those facing financial difficulties, York recommends adjusting finances to align income with expenses, as well as getting third-party advice on how to move forward.

"The biggest thing you can do is have hope," he says. "Focus on the temporary nature of the problem and that it will get better."

Alberta's gloom isn't shared nationwide, with more than two-thirds of those surveyed remain confident about their finances, with only a five per cent drop from last year, the CIBC poll found.

"While many Canadians remain positive about their financial situation, some are feeling less optimistic than they were at this time last year," CIBC executive vice-president Christina Kramer said of the survey results.

WITH FILES FROM THE CANADIAN PRESS

> "While many Canadians remain positive about their financial situation, some are feeling less optimistic than they were at this time last year."
> CIBC's Christina Kramer

With Albertans losing confidence in their personal finances, the brunt of the blame has to go somewhere. THE CANADIAN PRESS FILE

ENVIRONMENT

NDP amps up fight vs. carbon

Climate isn't all that's changing in Alberta.

The province's NDP government has arguably made bigger moves on global warming in six months than the previous Conservatives made in a generation. And the changes aren't going to stop.

The details of the government's new climate change policy — carbon-price rebates and green infrastructure investments, for starters — will be at least partly thrashed out in the coming months as the government readies its spring budget. But that, says Environment Minister Shannon Phillips, is just the beginning.

"We are entering a world that is going to be constrained with respect to (carbon)," she said. "Alberta must be carbon-competitive with respect to our energy. It is also not something that this government created. It is a fact. Just as the science of climate change is a fact.

"We have a low price of oil, a scientific consensus on the way the global economy is going. Within that, one must make careful and deliberate decisions on how we move forward. The way to do that is not to engage in angry navel-gazing."

Phillips is clear that Premier Rachel Notley understands that governments must not only lead, they must get people to follow. That became especially clear after poor communication sparked noisy protests against the government's farm safety legislation.

Phillips uses the word "conversation" — with Albertans, with communities, with industry — again and again.

But make no mistake. She is working toward a different province than the one in which she grew up. THE CANADIAN PRESS

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Creating a startup in 30 days

VIEWCAKE

Developer to leverage local talent in launch of new software

Aaron Chatha
Metro | Calgary

Dario Hudon-Verrelli started off 2016 with an imposing task: to create a startup, from the ground to a developed project, within 30 days using as much Calgary talent as possible.

His big idea? Viewcake, presentation software that will allow the audience to annotate and share slides.

"One of the frustrating things for me, being that I'm in marketing, I share what I see," explained Hudon-Verrelli. "Taking these crappy photos of presentations never really did it for me."

He hopes Viewcake will allow the speaker to share beyond the room he or she is speaking to.

And it would appear the idea is catching on. After only four days of posting about his 30-day challenge on Twitter, developers and even a potential investor have contacted Hudon-Verrelli about jumping on board.

Most of them are contributing to the project after they get home from their day jobs.

In order to meet his goal of having a proof-of-concept project with investors on board within 30 days, Hudon-Verrelli simplified his process to four steps in roughly four weeks.

Dario Hudon-Verrelli has challenged himself to develop a new business from scratch in only one month, using Twitter to meet developers and investors. AARON CHATHA/METRO

> **At the end of 30 days, we'll have a product, we'll have investees — and holy beans, we did it all via Twitter.**
> Dario Hudon-Verrelli

Within hours of his initial Twitter post, he already had a logo and website running.

"During this entire time, the one thing we have to do is create credibility," he explained. "We have to get sign-ups; that's the first thing a startup needs to do."

Sign-ups will allow them to convince potential investors that the product has public interest.

Week 2 is creating the software interface and lining up developers for Week 3.

Week 3 is when the software really comes together.

Finally, in Week 4, Hudon-Verrelli is pitching to investors.

During this time, other roles such as the project manager and marketing are working away to get as much done as possible.

Once completed, the software should be at the alpha or beta stage.

"If I'm to be humble and say what we can honestly, actually do?" said Hudon-Verrelli. "At the end of 30 days, we'll have a product, we'll have investees — and holy beans, we did it all via Twitter."

Follow his progress on Twitter @DarioHudon.

IN BRIEF

Police seek home invaders

Police are looking for a group of home invaders, which they believe specifically targeted a residence in Calgary's southeast on Monday morning.

Police were called to a home in the 1400 block of 43rd Street S.E. at about 6 a.m. on Monday.

Investigators said five to six people forced their way into the home, armed with weapons, including a shotgun. They were all wearing masks, and investigators believe they were all between the ages of 18 and 25 — several men and one woman.

One person at the home sustained minor injuries but didn't require medical attention. METRO

Christmas trees for mulch

If you got a real Christmas tree this year, it's not too late to put it to the curb.

"All of the Christmas trees collected will be chipped and turned into mulch for Calgarians to use again in their gardening and landscaping. It's an easy way to keep this material out of the landfills and reduce harmful greenhouse-gas emissions," explained Philippa Wagner, programs leader with Waste and Recycling Services.

The mulch from recycled Christmas trees is available to residents for free from the East Calgary landfill. Place your tree on the ground near your black cart collection spot and leave it out. Your tree must be out by 7:00 a.m. on Jan. 8. METRO

Natalka Lewis poses for Tim Nguyen's book, Lumination.
CONTRIBUTED/TIM NGUYEN

Beauty in vulnerability

BOOK

Lumination delves into the issue of body positivity

Jeremy Simes
For Metro | Calgary

It's been the highlight of Tim Nguyen's career.

Nguyen, a local photographer who recently published a book — titled Lumination — captured some Calgarians at their most vulnerable: naked.

Though there's a slight sexiness to the photos, Nguyen said his work isn't exploitative.

"People have told me how body positive the work is," he said. "There's a great deal of emotions and detail that come through (the photos)."

Nguyen said the photos were shot in two stages. In 2013, he tracked down a production company that used powerful lighting during its set, asking the company if he could use the set for his project.

"It took ages to get co-ordinated," he said. "But I was able to get an evening in there."

In 2015, he said he had an epiphany while snapping photos for a different production, so he ventured to add new characters to the book, using the same lighting techniques.

"It gave me this perspective to do things more character driven," he said. "After that point, it was finding that honesty and vulnerability in people. It was finding big, broad, bold characters.

The models stood on a box while light beamed from below. Other lights and a fan were also used to create the complex images. Natalka Lewis, a dancer who was one of the book's models, said she can be critical of herself sometimes. However, when she saw the final images for the first time, she said she surprisingly happy.

"I was surprised by the way my muscles looked, and just how it was lit," she said. "I was like, 'Wow, I look kind of jacked.'"

Esther Lam was also happy with her images.

> **"(Nguyen) captured something in me I'd never be confident in fully exposing."**
> Esther Lam

"(Nguyen) captured something in me I'd never be confident in fully exposing," she said. "It's the most naked I've felt, but I see (the photos) as art."

Nguyen said he strives to photograph complex and interesting subjects.

"A few people had a lot of scars or former trauma," he said. "The fact to share those things made for a statement of its own.

"But it's not about making it about scar tissue or weakness," he added. "It's just a part of who people are."

Nguyen has sold out Lumination, though he hopes to get more copies published.

DELI

Spolumbo's set to open franchise in airport

Calgary's famous sausages will soon be making their to the Calgary International Airport.

Tony Spoletini, co-owner — alongside Tom Spoletini and Mike Palumbo — of Spolumbo's Fine Foods & Deli, said the company came to an agreement with HMS Group to operate a Spolumbo's franchise in the soon-to-be open International Terminal at the airport.

He said he's confident with the business agreement.

"We are flattered we were asked to be part of that food group going in there," Spoletini said.

"We were sure that it was going to be (a good partnership), so we went ahead with it."

Much like Spolumbo's shop at SAIT, the airport location will be a smaller than the main store, but will offer the same product.

The agreement also means the deli in Inglewood will still act as a "destination" — airport travellers won't bite into sales from the 9 Avenue SE location.

"It's not taking business away from here and gives us more exposure," he said, adding Spolumbo's will be given royalties, and its products will be purchased by HMS.

Spoletini added he'd consider opening another franchise at the University of Calgary or Mount Royal University.

JEREMY SIMES/FOR METRO

The airport location will be smaller than the main store.
AARON CHATHA/METRO

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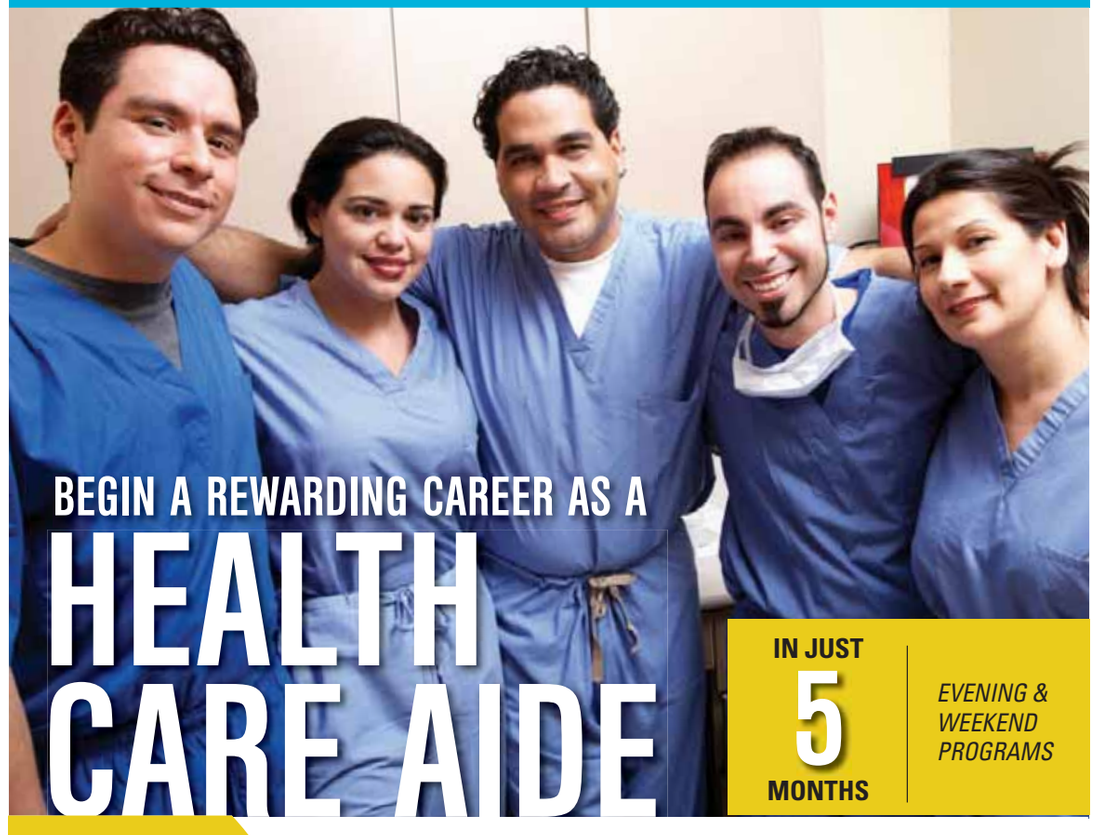

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‘Disturbing’ new superbug gene discovered in Canada

HEALTH

Scientists sound alarm on antibiotic resistance

An alarming new superbug gene that makes bacteria resistant to a last-resort antibiotic has been detected in Canada, Torstar News Service has learned.

The gene, called MCR-1, produces an enzyme that makes bacteria invincible to colistin, a highly toxic antibiotic used only when all other drugs have failed.

MCR-1 was first reported in November by scientists in China, who published a paper in The Lancet that set off alarm bells across the globe. Analyzing bacterial samples in southeastern China, researchers found 260 samples of E. coli with the MCR-1 gene on meat, hospital patients and farm animals — the likely source of this new superbug, the paper suggests.

But the news that really sent a shudder through the scientific community was that MCR-1 is located on a plasmid — a free-floating snippet of DNA that bacteria can easily share, thus spreading the resistance to other organisms.

“It’s clearly the biggest story to come out (in 2015),” said Lance Price, a professor of environmental health at George Washington University, who studies antibiotic resistance. “There have been horrible things all year but this is the most disturbing.”

So far, there have been no reports of deaths caused by MCR-1 and some people could be harbouring the superbug asymptomatically. But the nightmare scenario is that MCR-1 will spread to more virulent bacterial strains that also carry other resistance genes — thus creating a “pan-resistant” superbug capable of defeating every antibiotic in the medicine cabinet.

Since the Lancet paper, at least a dozen other countries have also found the MCR-1 gene. Scientists, looking through databases of bacterial samples, detected the gene everywhere from Denmark and Algeria to Laos.

Among them is Canada, where an investigation was triggered in December by the Public Health Agency of Canada. The Canadian findings have not yet been published but a case report has been submitted to the Lancet, according to Dr. Michael Mulvey, chief of antimicrobial resistance with the PHAC’s lab in Winnipeg.

The superbug gene was found in three different samples of E. coli, all previously collected for special research projects: one from a 62-year-old patient in Ottawa and two from ground beef sold in Ontario.

The Ottawa patient likely picked up the bug in Egypt, where she lived for several years, according to Dr. Baldwin Toye with the Ottawa hospital, who co-wrote a 2013 paper describing her case and four others.

Meanwhile, the ground beef samples were found nearly a year apart in different locations in Ontario, a butcher shop and a grocery chain, according to Mulvey. Both were collected in 2010 — predating the samples from China, which were collected between 2011 and 2014.

“To see it show up was a surprise for me,” Mulvey said. “It supports that there’s global dissemination of this gene already.… We’re now going to have to look back even prior to (2010), because maybe it’s been around for even longer.”

TORSTAR NEWS SERVICE

13

In Canada, ongoing hospital surveillance stemming back to 2010 has found 13 samples of colistin-resistant bacteria, according to Dr. Michael Mulvey with the Public Health Agency of Canada’s lab in Winnipeg.

A worker at a poultry farm in Hefei, China, on Nov. 20, 2015. Researchers in China have found E. coli with MCR-1, which produces an enzyme that makes bacteria invincible to a last-resort antibiotic, on meat, hospital patients and farm animals. AFP/GETTY IMAGES

How bacteria fight back

Antibiotics like colistin are some of the most powerful weapons available to fight dangerous bacterial infections. Here are some ways bacteria like E. coli are evolving to defeat them.

1 Overuse
In China, the world’s largest poultry and pig producer, livestock are given colistin in their feed; the antibiotic wards off infections and promotes animal growth. In humans, however, colistin is a last-resort treatment for bacteria like E. coli.

2 Evolution
When exposed to high amounts of colistin, the evolutionary process of natural selection kicks in. Weaker strains are killed off while bugs that can overpower colistin — due to genes like MCR-1, for example — survive.

3 Survival
Among the surviving bacteria are superbugs with the MCR-1 gene. The gene is located on a plasmid, a free-floating circle of DNA, and codes for an enzyme that makes it effectively invincible to colistin.

4 Reproduction
E. coli reproduces by copying its genetic code and dividing in two, producing a daughter cell which inherits the MCR-1 gene. For E. coli, this doubling process is rapid, taking between 20 minutes and an hour.

5 The spread
Bacteria like E. coli live everywhere, including in our guts. Strains that harbour the MCR-1 gene will easily spread across the globe through travel and international trade of meat.

SECURITY

Ralph Goodale to look into case of boy on no-fly list

When Sulemaan Ahmed saw his young son Adam’s name on a “deemed high profile” list — and not for the first time — at Pearson airport before flying to Boston to see a hockey game he was so frustrated he tweeted a photo of it.

The photo appeared to show his son’s legal name, Syed Adam Ahmed, with a DHP label and instructions on how to proceed before allowing the boy to check in.

“Why is our (Canadian-born) 6-year-old on DHP no-fly list?” Ahmed tweeted. “He must clear security each time. He is 6.”

Khadija Cajee, his mother, says the family has faced “continuous delays” during travel since their son’s birth, which appears to stem from the fact he shares a name with someone on the watch list. The family thought their case was unusual — and isolated. But since Ahmed’s tweet last week, other parents have come forward to relate similar unpleasant experiences involving young children.

“It’s not entirely common, but it’s not unusual, either,” said University of Toronto associate professor Emily Gilbert, who teaches Canadian Studies and specializes in Canada-U.S. border relations.

Public Safety Minister Ralph Goodale has said he would look into the family’s case, but Cajee says she’d like to see changes to the system so this doesn’t happen any more.

TORSTAR NEWS SERVICE

Syed Adam Ahmed, 6, with his father. TORSTAR NEWS SERVICE

Former Canadian Forces member Noah Starr.
TORSTAR NEWS SERVICE FILE

When pot is a lifeline

It took six deaths on Easter Sunday in 2007 for Noah Starr’s life to unravel. It would take five years, thousands of pills, lost relationships and the discovery of medical marijuana before he won back some semblance of control.

“People call marijuana a gateway drug and it absolutely is — it’s been the gateway to my recovery,” said the former Canadian Armed Forces combat engineer from Fredericton, N.B.

Starr, now 31, can trace his troubles to a road about 75 kilometres west of Kandahar City, Afghanistan. It was there on April 8, 2007, that an improvised explosive device exploded as a light armoured vehicle carrying six Canadian soldiers drove past. Starr was nearby and among the first to respond.

Afterward, Starr was acutely aware he was suffering psychological problems and he told his superiors he needed help.

A doctor started him on a program built upon a cocktail of prescribed drugs to help him sleep, to deal with depression and to tamp down his anxiety.

Starr said if he ever forgot these drugs, “I would get a wicked withdrawal reminder and my quality of life was almost non-existent.” That regimen continued for years. Starr said that the heavy doses of sleeping pills he was prescribed caused him to be chronically late for work. In December 2012, he was released from the military, judged “unsuitable for further service.”

Preparing for life as a civilian, Starr began looking for a new treatment. He examined psychedelic drugs like LSD and ecstasy, but finally settled on marijuana, which he at first had to purchase illegally off the street — a transaction that only heightened his anxiety. “Even that stuff did have a wonderful effect on me,” he said. The marijuana was also a brake for Starr’s uncontrollable anger.

Since early 2013, he has not touched any pharmaceutical drugs. Starr now runs a property management company and works as a marijuana mentor for CannaConnect, a company that helps veterans obtain prescriptions and benefits for medical marijuana. TORSTAR NEWS SERVICE

Charlie Hebdo marks the anniversary of attacks. TWITTER

MEDIA

Hebdo's special copy out

In a special edition laced with blasphemy, obscenity and profanity, Charlie Hebdo's surviving artists and writers declared that the satirical newspaper is alive, but "the murderer is still at large."

The 32-page copy marking the anniversary of the Jan. 7 attack on the paper's staff accuses Islamic fundamentalists, organized religion, an irresolute government and intelligence failures for the 2015 violence in France by extremists that started with that day. Seventeen people died at Charlie Hebdo and at a kosher supermarket two days later.

Almost all of those believed responsible for the Jan. 7-9 attacks and the Nov. 13 carnage in Paris are dead as well. But Charlie Hebdo's special edition, with a front-page caricature of a bloody God wielding an assault rifle, darkly predicts that more violence is to come.

Laurent Sourisseau, the newspaper's director who goes by Riss, drew the cover and wrote an editorial describing the horror he survived that took the lives of friends and colleagues. He insisted the newspaper would remain alive because "never have we wanted so much to break the faces of those who dreamed of our deaths." THE ASSOCIATED PRESS

Ranchers report to jail as protesters stay on land

OREGON

Occupation continues against U.S. government

Father-and-son ranchers convicted of setting fire to federal grazing land reported to prison Monday as the armed anti-government activists who have taken up their cause maintained the occupation of a remote Oregon wildlife preserve.

Federal authorities made no immediate attempt to retake the Malheur National Wildlife Refuge in eastern Oregon, which about two dozen activists seized over the weekend as part of a decades-long fight over public lands in the West.

There appeared to be no urgent reason for federal officials to move in. No one has been hurt. No one is being held hostage. And because the refuge is a bleak and forbidding stretch of wilderness, and it's the middle of winter, the standoff is causing few if any disruptions.

Meanwhile, the armed group said it wants an inquiry into whether the government is forcing ranchers off their land after the father and son were ordered back to prison for arson on federal grazing lands.

The group calling itself Citizens for Constitutional Freedom demanded a government response within five days related to the ranchers' extended sentences.

Ammon Bundy — one of the sons of rancher Cliven Bundy, who was involved in a 2014 Nevada standoff with the government over grazing rights — told reporters that Dwight Hammond and his son, Steven Hammond, were treated unfairly.

The Hammonds were convicted of arson three years ago for fires on federal land in 2001 and 2006, one of which was set to cover up deer poaching, according to prosecutors. They said they lit the fires to reduce the growth of invasive plants and protect their property from wildfires.

The men served their original sentences — three months for Dwight and one year for Steven. But an appeals court judge ruled the terms fell short of minimum sentences that require them to serve about four more years.

Their sentences have been a rallying cry for the group, whose mostly male members said they want federal lands turned over to local authorities so people can use them free of U.S. oversight. THE ASSOCIATED PRESS

Brand Thorton blows a horn at Malheur headquarters. THE OREGONIAN/THE ASSOCIATED PRESS

EUROPE DENMARK AND SWEDEN DEAL BLOW TO BORDER-FREE ZONE
Danish police officers patrol the border crossing Padborg near Flensburg, Germany, Monday. Germany says Europe's system of passport-free travel across borders is in danger following the decision by Denmark to step up controls on its southern frontier. Denmark and Sweden tightened border checks Monday to stem the flow of migrants coming in from Germany, dealing fresh blows to the vision of a Europe without national boundaries. As of midnight Sunday, Sweden demanded that passengers travelling by train from Denmark show ID, something that hasn't been required since the 1950s.
ERNST VAN NORDE/POLFOTO VIA THE ASSOCIATED PRESS

DIPLOMACY

Saudi's allies cut ties to Iran

Allies of Saudi Arabia followed the kingdom's lead Monday and scaled back diplomatic ties to Iran after the ransacking of Saudi diplomatic missions in the Islamic Republic, violence sparked by the Saudi execution of prominent Shiite cleric Sheikh Nimr al-Nimr.

Sudan and the island kingdom of Bahrain said they would sever ties with Iran, as Saudi Arabia did late Sunday. Within hours, the United Arab Emirates announced it would downgrade ties to Tehran to the level of the charge d'affaires, while other nations issued statements criticizing Iran.

The concerted campaign by Sunni-ruled Saudi Arabia highlights the aggressive stance King Salman and his son, Deputy Crown Prince Mohammed bin Salman, have adopted in confronting Iran, a longtime regional rival.

"What we have seen during the last 24 hours is unprecedented... It shows you Saudi Arabia has had enough of Iran and wants to send a message," said Abdulkhaleq Abdullah, a political science professor at Emirates University. "This is the Saudis saying: 'There is no limit to how far we will go.'" THE ASSOCIATED PRESS

A man holds a poster of Nimr al-Nimr in the Baghdad, Monday. AFP/GETTY IMAGES

IN BRIEF

Lion-hunting raffle nixed

A safari company has cancelled a controversial raffle that offered hunters the chance to kill a lion at a conservation area in Zimbabwe. Martin Nel Safaris had been selling 100 tickets at $1,500 each. "The whole idea of it was to actually raise money for conservation," said Nel. "It's been blown out of proportion." The raffle drew criticism after reports linked it to the Wildlife Conservation Research Unit, which collared and studied Cecil, the lion whose death sparked a global outcry.
TORSTAR NEWS SERVICE

UNITED KINGDOM

Cameron calls ISIL video propaganda

British Prime Minister David Cameron on Monday dismissed a new video in which five purported British spies are shot dead by masked Islamic State of Iraq and the Levant extremists as propaganda from a group that is losing control of territory.

"It's desperate stuff from an organization that really does do the most utterly despicable and ghastly acts and people can see that again today," he said.

"But this is an organization that's losing territory, it's losing ground, it's, I think, increasingly losing anybody's sympathy."

The video concludes with footage of a young boy wearing camouflage who makes a pointing gesture and says, "Go kill the kuffar (non-believer) over there."

British security officials are studying the video for clues about the identity of a masked man who speaks with a British accent before shooting a captive. The masked figure is an apparent replacement for Mohammed Emwazi, the man known as "Jihadi John," who was killed in November. THE ASSOCIATED PRESS

LAS VEGAS

Internet of Things big at gadget show

Computing devices such as smartphones, tablets, cars, television sets, microwaves, bedside alarm clocks, and possibly the thermostat have the potential to get smarter by connecting to their fellows, which could open the door to a brave new "Internet of Things."

To see where that might be taking us, there's no better place than the annual gadget extravaganza formerly known as the Consumer Electronics Show — and now simply as CES.

The show, which starts Wednesday in Las Vegas, is the place for companies large and small to show off new connected devices. These range from the seemingly trivial — for instance, smart umbrellas that message you if you leave them behind — to the undeniably helpful, such as navigation devices that display driving directions onto your windshield so you don't have to take your eyes off the road.

According to the McKinsey Global Institute, a division of the consulting giant McKinsey & Co., the value created by connecting the world's devices could hit $11 trillion US annually by 2025, a sum that represents over half of U.S. economic output in a year.

Most of the value comes from industrial uses — like cleaner air from smarter energy use and fewer factory shut-downs due to smarter maintenance. But trillions in benefits are expected to come from consumer-bought products: safer streets because of better-driving cars, robots that take care of household chores and health and fitness trackers that let us know when our bodies need medical attention.

> **There's a big value in avoiding pain and suffering.**
> Michael Chui

"There's a big value in avoiding pain and suffering," says report co-author Michael Chui. THE ASSOCIATED PRESS

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NATURAL GAS: $2.334 US (–0.3¢)
DOW JONES: 17,148.94 (–276.09)

IN BRIEF

Gun sales soaring in U.S., new data indicates

New data indicates a gun sales jump after 2015 ended with more mass shootings and growing political pressure to tighten regulation in the United States. National Instant Criminal Background Check System shows background checks jumped about 38 per cent last month, indicating a sizeable sales increase. THE ASSOCIATED PRESS

Grape growers say there's still time for an icewine harvest in the coming weeks despite the mild winter, but bigger questions about the impact of a changing climate are creeping up on the industry. THE CANADIAN PRESS FILE

Icewine industry feels chill of climate change

AGRICULTURE

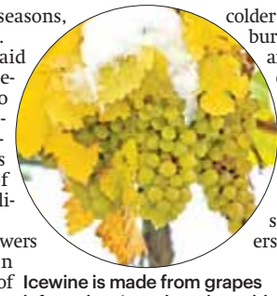
Unseasonable temperatures have delayed grape harvest

A late deep freeze this winter may have lifted the spirits of Ontario's icewine industry, but grape growers say bigger questions about the impact of a changing climate are creeping up on their business.

Canada is one of the few countries where temperatures in wine-growing regions drop to the -8 C required for icewine.

Laura Sabourin, who runs an organic vineyard outside St. Catharines, Ont., and supplies grapes to winemakers, said the unseasonably warm temperatures over the past month have delayed her harvest, but in previous years she has picked as late as the last week of January. "The harvest is going to be down, but that's not the result of this warm winter," she said. "It's the result of two previous cold winters."

Even though icewine grapes are bred to withstand the cold, temperatures that drop too quickly can kill emerging buds and even the vines themselves — which was the case over the past two seasons, Sabourin said.



Icewine is made from grapes left on the vine when the cold hits. ISTOCK

Sabourin said Canadian vineyards have to look at strategies to protect themselves in the face of a changing climate.

She said growers could bring in new varieties of grape that are designed for even tougher winters, adopt new harvesting and preservation techniques from specialized vineyards in colder climates such as burying the grapes, and diversify into other crops.

Patrick Gedge, president of the Winery & Grower Alliance of Ontario, said wine growers are investing in new technologies, such as wind machines that pull down warm air from higher in the atmosphere, to deal with shifting temperatures. THE CANADIAN PRESS

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NOTICE OF HEARING FOR
Permanent Guardianship Order to:
Tonya McNab

Take notice that on the **15th day of January 2016 at 2:00 p.m., at Calgary Family Court, Courtroom # 1205, 601 – 5th Street SW, Calgary, Alberta,** a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order;** of your children born on **April 8, 2010, January 21, 2013** and **January 21, 2015.** If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes. You do have the right to appeal the Order within 30 days from the date the Order is made.

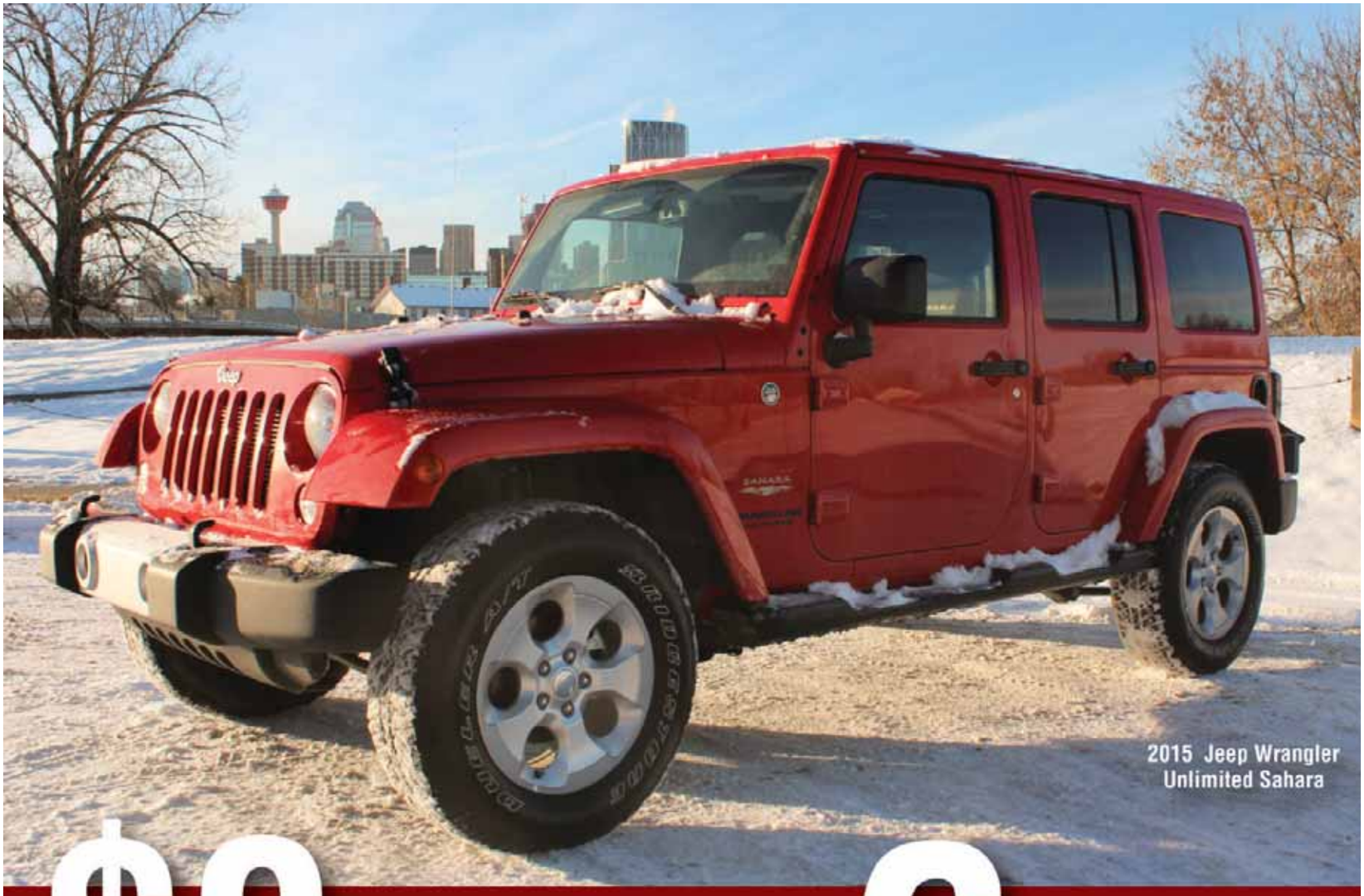
Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

NOTICE OF HEARING FOR
Custody Order and Permanent Guardianship Order TO
Sonya Gamble

Take notice that on the **11th day of January 2016 at 9:30 a.m., at Calgary Family Court, Courtroom # 1205, 601 – 5th Street SW, Calgary, Alberta,** a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for **Custody and Permanent Guardianship Order;** of your child born on **August 18, 1998.** If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes. You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978



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the big number

437,400

Of interest to those of us who aren't CEOs: This is the approximate number of open jobs there were in Canada at last count (the midpoint of 2015). **The average wage on offer was $18.80 per hour**. Job seekers could consider a trek up to the Yukon, whose job-vacancy rate, at five per cent, is the nation's greatest. Head to chilly Nunavut for the best wages on offer, where the average vacant position pays a cool $28 per hour. Most of the jobs available across the country, however, likely pay far less. The most common roles employers were looking to fill in 2015 included retail salespeople, cashiers, food and beverage servers, truck drivers, customer service reps and landscaping and farm labourers. The only professional categories in the top 10 were chefs and "computer and information systems professionals" — so if you've been meaning to try your hand at learning code, now may be the time. SOURCE: STATISTICS CANADA

Trudeau's radicalism: Be good, not just better-off

Richard Gwyn

Probably because so many spokespersons from the Queen to the Pope were uttering their thoughts during the just-ended holiday season, one of these of considerable interest to Canadians got almost no attention in the press.

Its author was our new prime minister, Justin Trudeau. What he said was unique to him and to this country. Intriguingly, in the views he expressed it's possible to detect some that match those of his wife, Sophie Grégoire-Trudeau. As a further reach — perhaps one too far — it's possible to detect some that echo the opinions of Pope Francis.

We want our economy to expand ... We also want the kind of Canada we once had.

Consider for instance these sentences by Trudeau and then try to identify an equivalent in any other country.

First: "Governments can't solve every challenge. We need Canadians to do more, too."

Then some of Trudeau's examples: "We can give in tangible ways — by donating time or money to … support our more vulnerable neighbours." And: "We can be more patient and understanding." And, "I hope that this year we can be gentler with ourselves, and with others."

Then his summation: "Let's show each other what it really means to be good; to be Canadian. Let's open our hearts and share love with those around us."

Phew! All of that is most certainly unique. In just about any other country few if any leaders would dare to talk in that way. Entirely sensibly, they would fear being laughed at, and, much worse, heaved out at the next election.

Trudeau, though, dared to say it. He did this because he — and Sophie — believes in it.

It's very likely that few Canadians read or heard of Trudeau's words, most having had more important seasonal work to do such as keeping their Christmas tree, or its equivalent, more or less straight.

A valid case can be made that Trudeau wasn't elected to preach purity but to run the country more effectively.

For most Canadians these days, the most important issue is that of jobs and salaries. Former U.S. President Bill Clinton's famous comment, "It's the economy, stupid," says just about all that needs to be said.

The state of our economy is more troubling than it's been since in 2008 when we actually escaped a global depression in better shape than almost any other country.

Today, though, our economy lags behind. The global commodity boom, during which we thrived, above all in oil, has evaporated. Our dollar hasn't been as weak in years, its most troubling characteristic being that the cheapness of our currency has earned us few increases in our exports.

At such a time, though, our leader is applying himself to telling us how to be good rather than how to be better-off.

What's intriguing about this contradiction is Canadians share it. Certainly we want our economy to continue to expand in the way it once did. Almost as certainly, a great many of us also want the kind of Canada we once had, or thought we had, to be "back."

Getting both will be a huge challenge. Throughout the year 2016 it's going to be fascinating watching Trudeau recalibrate his program, which at present encompasses far too many attractive but expensive electoral promises at a time when far too little revenue is coming in to pay for them.

What Trudeau's Christmas statement thus amounted was his declaration that even if he has to step back — quite a way back, indeed — he will still hold to his ideas and dreams.

As time passes, more and more Canadians may come to regard such talk as irrelevant to our economic reality. Some may laugh at such pretensions. Alternatively, many may refuse to give up the Canada that has come back to them.

In our history, it's one of the most radical political choices we have ever had to make.

Richard Gwyn is a Toronto Star columnist.

ROSEMARY WESTWOOD

metroview

CEO salaries are as absurd as they are seemingly intractable

By 12:18 p.m. yesterday, I had accomplished quite a lot.

I woke up, for one, at the respectable time of 7:30 a.m. and rose a reasonable 45 minutes later.

I showered, blitzed a smoothie, walked to work and hit the 10:30 a.m. meeting. By noon, I'd already decided to write this column.

But that is clearly nothing compared to this country's top 100 CEOs. By 12:18 p.m. on Jan. 4, they had already made $48,636 — otherwise known as the average Canadian's entire salary for the year.

They must have done something to earn it.

Most likely rose well before 6 a.m., thus proving their productivity just by getting up. They probably did a morning workout (it's a regular in the CEO routine) and then found a way to turbo-charge the dragging Canadian economy.

Not quite? Well then. They got up, exercised, and cured our dependency on oil.

Okay, fine. They got up, exercised, and solved child poverty (which afflicts 40 per cent of indigenous children).

Or: They got up, exercised, and helped us all live healthier lives, with less personal debt, greater access to quality food, and better health care.

Wait: Maybe Mark Thierer, CEO of Catamaran Corp., actually did that. His company sells pharmacy benefit and medical record-keeping software, so that must be what his $16.3 million is for.

It's a lot, but he's got nothing on BlackBerry's John Chen, worth $89.7 million a year.

The figures, crunched by the Canadian Centre for Policy Alternatives, are depressing. You still have a year's worth of work hours left to earn your $48,000 and change.

It reminds me of The Big Short, which, if you haven't, you should see. The movie is a sad/funny condemnation of the arrogance and impunity that caused the 2008 crisis. It notes that none of the very well paid executives running the banks were prosecuted for the disaster, and, as outlined in the Canadian CEO study, high salaries hardly took a hit when the economy crashed. Sure, some people are going to be richer than others, but the only argument for CEO salaries is that they represent the status quo. It's an absurdity matched only by the seeming intractability of the problem.

Enter the campaign to elect Bernie Sanders. Sanders has many believing that ludicrous power and wealth can be curtailed, and we'll find out this year whether that message is appealing enough to win the Democratic nomination, or even the U.S. presidency.

It'll be November by then, and you'll still face a few hundred hours of work to match what a CEO earned yesterday morning.

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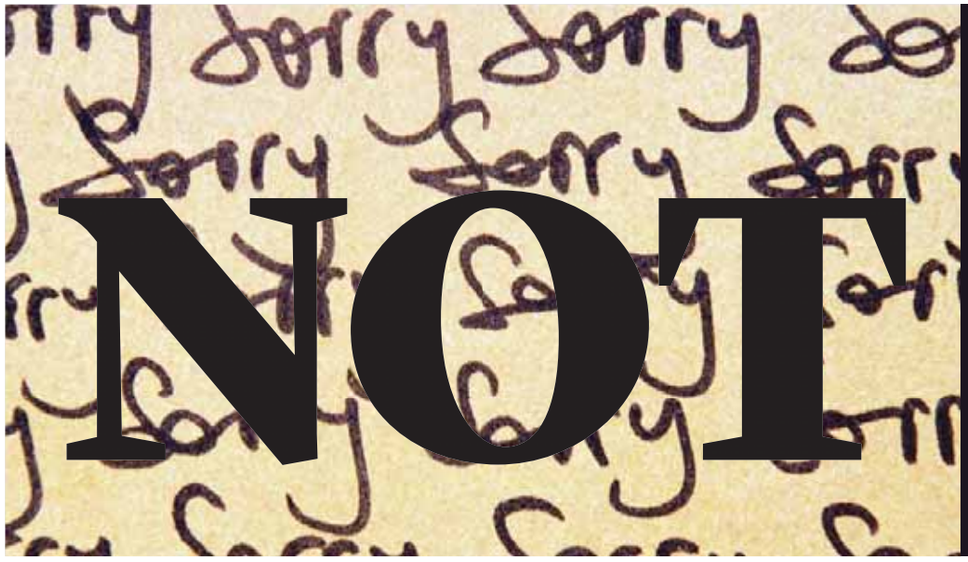

Selfish and loving it

Author Sarah Knight shares how ceasing to care can change your life

Here's a thought: what if you just quit that job you hate? Or said no to that next annoying baby shower? Or stopped pretending you like Taylor Swift?

Sarah Knight says it's possible. And it's tried and true by the writer herself. The Brooklyn-based author quit her all-consuming, six-figure New York City editing job in June and hasn't looked back. The big move was part of her journey to devote less time to people and things that annoy her.

"I stopped keeping track of my vacation days like a prisoner tallying her sentence in hash marks on the cell-block wall," she writes in The Life-Changing Magic of Not Giving a F—: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do (Little, Brown and Company $20.49) a "practical parody" of Marie Kondo's bestseller of a similar name (The Life-Changing Magic of Tidying Up).

Knight's Kondo strategy is the "mental decluttering" that she names the "NotSorry Method." Like Kondo, Knight says her tips could be life-changing: "once you begin implementing NotSorry, you'll never want or need to give an extraneous f— ever again."

Instead, you'll give them to people and things that make you happy. Here, Knight talks about her expletive-ridden self-help guide.

Let's talk about the phrase at the centre of it all. What does this mentality mean — to "not give a f—"?

We all understand the colloquial expression of "not giving a f—" to mean not caring about something. So if I'm like, "I don't give a f— about Taylor Swift," I don't care about Taylor Swift. I don't want to talk about Taylor Swift. I don't want to listen to Taylor Swift. I don't want to click on articles about Taylor Swift. But what I am saying in my book is to quantify your f—s in terms of time, energy or money — sometimes two of those, sometimes all three — and literally do not give your f—s to things that you don't care about, to things that annoy you.

I love the subtitle: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do.

I'm glad, because as a publishing professional, I've spent so many years being told "negativity doesn't sell" and "don't be negative." I didn't get any pushback from my publishing team, but I had these little publishers on my shoulder whispering into my ear, "You should try to make it more positive," and I was like, no, this is the point.

There's a key difference between "not giving a f—" and being an a–hole. How do you make sure you're on the right side of that line?

I really advocate for a combination of honesty and politeness. I think that a lot of people never get to that point because they're so consumed with guilt and obligation.

Maybe somebody might say that's selfish, that you should go to that baby shower because that's your friend. But if you turn it around, do you want your friends to do things for you that you know they don't want to be doing? I think if the answer is yes, you're an a—hole. The answer should be no.

What's your advice for someone in that situation? Do you say "I can't make it?" That's sort of a lie in a way.

I talk in the book about the sliding scale of honesty. If you don't want to go to something because you don't like that person's husband and you say "I don't want to come to your party because I don't like your husband." Well, that's very honest, but it's also very rude.

The whole "NotSorry Method" is about taking levels of honesty and politeness and sliding them around on the scale like at the doctor's office when they have to move the little thing around to figure out how much you weigh. You want to find that perfect balance of honesty and politeness.

Sometimes a little fibbing is necessary. You can just say, "So sorry can't make it, have fun."

You don't have to invent a whole excuse that's like, "I can't make it because we're going to be in Philadelphia for this thing," and then you have to police your social media and make sure nobody checks you in at this place at this time. Just "I'm so sorry, I can't make it" — it's true.

TORSTAR NEWS SERVICE

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FITNESS TRENDS

Work out like the stars

A roundup of celebrity-loved workouts that are set to become even bigger in 2016 includes:

Ballet

Thanks to Victoria's Secret Angels putting their runway-ready bodies down to barre classes, 2015 saw ballet-inspired workouts replacing yoga and Pilates class, but 2016 will see what could have been a passing fad develop into a serious fitness trend. Ballet devotees include Gigi Hadid and Victoria's Secret Angel Lily Aldridge.

Boxing

Many of the Victoria's Secret Angels also maintain their high fitness levels and sculpted bodies with boxing. Angels who love sweating it out in the ring include Devon Windsor, Elsa Hosk, and Josephine Skriver, while Joan Smalls favors Muay Thai kickboxing. Longest-running Angel Adriana Lima has also been a devotee for over 10 of her 16 years as an Angel. But it's not just models who will help the rise in 2016 of boxing's popularity. Holly Holm, who recently beat high-profile Ultimate Fighting Championship (UFC) fighter Ronda Rousey, is an ex-professional boxer.

TRX

Developed by an elite Navy SEAL commando, TRX uses just one piece of equipment, the TRX Suspension Trainer, which enables you to practice over 300 exercises. Jennifer Lopez, Gisele Bundchen, and Gwen Stefani, are all rumoured celebrity fans. AFP

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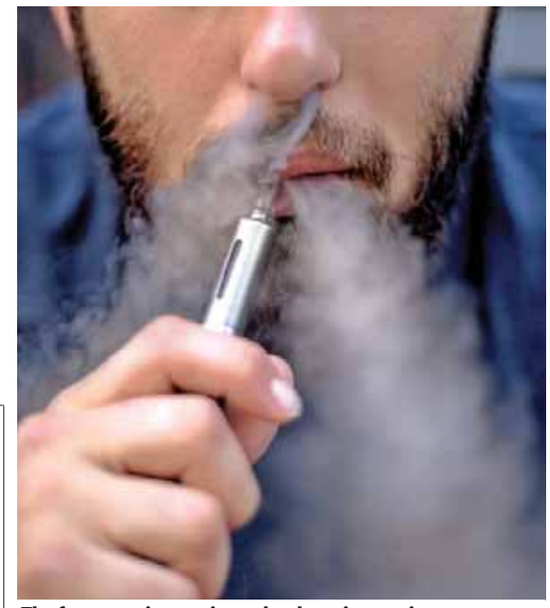


The fast-growing vaping subculture is creating new ways of talking about e-cigarette use. ISTOCK

Come to terms with vape speak

LEARN THE LANGUAGE

Cut through haze of e-cig slang with this handy glossary

The subculture revolving around the use of e-cigarettes, or "vaping," has grown rapidly in both the United States and Canada, replete with a range of unique terms.

The following are some commonly used words and phrases in the vaping world.

ADV
"All day vaping" — many like to vape continuously throughout the day and will typically seek a milder flavour of e-juice — the liquid from which inhalable vapour is produced — usually steering away from exotic blends.

Cloud chasing
A competition to see who can produce the largest vapour puffs. Cloud-chasers prefer larger amounts of vapour per drag and blow rings into the air.

Coil
The metal heating element in an e-cigarette that produces vapour from e-juices. Different designs and heating speeds can affect the strength of a drag off an e-cigarette. Coils are usually cleaned every couple of days.

PG/VG ratio
A measure of the vapour-vs-flavour balance in e-juice. It refers to the ratio of two major ingredients, propylene glycol and vegetable glycerin. More VG produces thicker clouds of vapour, but will dampen the flavour.

Stealth vaping
The opposite of a cloud-chaser — stealth vapers seek smaller volumes of vapour for more discreet vaping in settings such as the office or a restaurant.

Throat hit
Refers to the intensity of a vaping hit. A good throat hit is analogous to that of a strong cigarette and can be affected by nicotine levels.

Vape on
An oft-uttered rallying cry for vaping enthusiasts. AFP

CREAMY
Creamy e-juices are more redolent with non-fruit flavours such as peanut, custard, coffee and chocolate.

GOSSIP BRIEFS

Leo's single again
Leonardo DiCaprio has reportedly called it quits with Sports Illustrated model Kelly Rohrbach after about six months of dating.

"They've been broken up for over a month," a source tells Us Weekly. "It was mutual. They both have intense work schedules and a lot going on in their lives."

Looks like Hollywood's reigning bachelor is back to his old ways. NED EHRBAR/METRO HOLLYWOOD

Pregnancy rumours
Gwen Stefani and Blake Shelton have hit another milestone in their celeb romance: the unsubstantiated pregnancy rumour. Star magazine reports that Stefani and Shelton spent the holidays with a bit of extra cheer due to a supposed bun in Gwen's oven just a few months into their relationship. But just because they could be expecting, doesn't mean they'll be tying the knot. "Gwen is hoping for a wedding, but Blake's not ready," a source warns. One milestone at a time, right?
NED EHRBAR/METRO HOLLYWOOD

Emerging filmmaker gives Netflix public shaming
Filmmaker Xavier Dolan is none too pleased with the way Netflix is handling his acclaimed film, Mommy — specifically how they've messed with the aspect ratio.

"Who has bestowed on you the right to revise my choices, and how competently have you pondered the impact of such decision both on my film and the public?" Dolan writes in an open letter to Netflix U.K. posted on his Twitter account.

"You did not direct this movie. You did not write this movie. You did not produce this movie. So can anyone or anything except me warrant the liberty you took upon my work? No."

He seems pretty upset. A Twitter response from a Netflix account representing the U.K. and Ireland thanked Dolan for alerting them and said only "we are looking into this" but chances are they're in shock from a filmmaker having guts to publicly say anything bad about Netflix.
NED EHRBAR/METRO HOLLYWOOD

JOHANNA SCHNELLER WHAT I'M WATCHING

The rom-com gets depressed

THE SHOW: You're The Worst, Season 2, Episode 12 (FX Canada)
THE MOMENT: The Ultimatum

You're The Worst creator Stephen Falk is trying to deepen the rom-com genre but he isn't pulling it off with a plotline involving character Gretchen's bout of depression . BYRON COHEN/FX

Sharp-tongued music promoter Gretchen (Aya Cash) lies stone still on a daybed, facing away from her boyfriend Jimmy (Chris Geere), a British expat novelist, with whom she lives in Los Angeles. She won't talk to him.

"Snap out of it!" Jimmy berates her. "Stop it stop it stop it. You're being dramatic and self-pitying and frankly, it's unbecoming.

If she keeps this up, he threatens, he's leaving. With another woman. His phone beeps. It's a text from Gretchen.

"Leave the door unlocked," he reads aloud. "I may want to order food later."

Throughout Season 1 these two cynics, who reject romance, found themselves falling for each other. Each episode posed a relationship test: Should I spend the night? Should we admit we're dating? Should we be exclusive? To their astonishment, they kept passing. But at the beginning of this season, they ran smack into a truly serious problem: Gretchen suffers from depression, and it's pulling her down again. Jimmy can't, or doesn't want to, help her. All fun screeched to a halt.

Series creator Stephen Falk is obviously trying to deepen the rom-com genre, and I admire him for that. As disconcerting as it is when your hilarious friend suddenly gets serious, comedy can and should go to uncomfortable places. But that's not the problem here. The problem is, Falk hasn't pulled it off.

It's great that he treats the disease seriously. But he's gone down a rabbit hole, and I don't see how he can snap out of it.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

QUIZ

Can you speak self-entitled? Who said it: Schitt's or Smiths

Which self-entitled sibling duo dropped these outrageous lines: Schitt's Creek's Alexis and David Rose, or Willow and Jaden Smith?

On CBC sitcom Schitt's Creek, David and Alexis Rose (Dan Levy and Annie Murphy) are extravagantly spoiled, fashion-tastic millennial siblings, exiled to a small town where bottle service is what they call that other line at the Beer Store.

As the young- er Roses quip their way through a life less fabulous, their lines echo another pair of extravagantly spoiled, fashion-tastic millennial siblings: Jaden and Willow Smith, children of actors Will Smith and Jada Pinkett Smith. Do you speak self-entitled?

Before Schitt's Creek's second season debuts on CBC on Jan. 12, try to guess whether these doozies were spouted by the Smiths or the Roses.

1. "I could not be more at one with nature. I do Coachella every year."

2. "There're no novels that I like to read so I write my own novels, and then I read them again, and it's the best thing."

3. "I don't want to be written off as some gorgeous airhead."

4. "I went to school for one year. It was the best experience but the worst experience. The best experience because I was, like, 'Oh, now I know why kids are so depressed.' But it was the worst experience because I was depressed."

5. "I'm trying very hard not to connect with people right now."

6. "I don't think I'm as revolutionary as Galileo, but I don't think I'm not as revolutionary as Galileo."

7. "I could literally climb a mountain and survive a couple nights in nature. That's a requirement for my clothes because one day I was on the freeway and I saw a mountain, so I literally just pulled over and climbed it."

8. "I miss being surrounded by loose acquaintances who think I'm funny and smart and charming."

9. "I just have a different kind of relationship with my friends where we don't have to be in constant contact with each other."

10. "The world is like a pimple, everything is about to explode and release the truth onto everyone's patios."
TORSTAR NEWS SERVICE

ANSWERS

1. David Rose
2. Willow Smith
3. Alexis Rose
4. Willow Smith
5. David Rose
6. Jaden Smith
7. Willow Smith
8. Alexis Rose=
9. David Rose
10. Willow Smith

PLAY Yesterday's Answers
from your daily crossword and Sudoku

5	7	4	6	2	8	1	9	3
6	9	1	7	4	3	8	2	5
3	2	8	9	1	5	6	7	4
2	4	6	1	3	7	9	5	8
7	8	5	4	6	9	3	1	2
9	1	3	8	5	2	4	6	7
1	6	2	5	8	4	7	3	9
4	5	9	3	7	6	2	8	1
8	3	7	2	9	1	5	4	6

for more fun and games go to metronews.ca/games

metro SPORTS

"We wanted it more": Russian coach Valeri Bragin didn't mince words when asked what the difference was between his team and the U.S.

Matthews 'is the real deal'

WORLD JUNIORS

Cream of 2016 draft crop impressing pro scouts

Jesse Puljujarvi and Patrik Laine have one thing Auston Matthews does not: a shot at a gold medal at the world junior hockey championship.

Puljujarvi and Laine have joined the conversation as possible top picks in June's NHL draft in large part because of their contribution on the first line on Team Finland, which plays Russia on Tuesday for the gold medal.

Matthews, however, remains a no-brainer for the first pick overall even though the Americans will face Sweden — and another draft eligible, Alexander Nylander — for the bronze.

"Matthews has shown throughout the tournament he is a franchise player," said Mark Seidel, chief scout for the North American Scouting Service, an independent service. "He has been the guy that every team game plans against and still been phenomenal.

"Some will suggest guys like Puljujarvi and Laine have gotten into the conversation for No. 1, but don't believe it."

Every year, the world junior tournament has a handful of important undrafted players. But this year, it's a bonanza for scouts, especially for teams that might be picking in the top five, especially since those five might still be playing.

Auston Matthews missed the age cutoff for the 2015 NHL draft by two days. SEAN KILPATRICK/THE CANADIAN PRESS

> **He plays the game at full speed all the time.**
> U.S. coach Ron Wilson on Auston Matthews

Matthews has been the focus of attention since last year's world juniors. Because his birthday is Sept. 17, he just missed last June's draft cutoff for players — they must be 18 by Sept. 15. Many believe he'd have been a top-three pick last year along with Connor McDavid and Jack Eichel.

"(Matthews) is the real deal," said Dan Marr, chief scout for NHL Central Scouting. "This kid only has an on-switch. He's even hard to play against in practice. He'd have been in the mix with Eichel and McDavid."

Matthews, however, ran into a bit of a brick wall against the Russians, a team of older players.

"I thought we really clicked well and as a team we played unbelievable as well," he said. "We gave 110 per cent and obviously, like I said, it's a tough pill to swallow with losing in the semifinals." TORSTAR NEWS SERVICE

TOP-TIER TALENT

Finland's Jesse Puljujarvi, pictured, leads the tournament with 15 points. His teammate Patrik Laine and Auston Matthews of the U.S. are tied for third with 11 points, though Matthews' seven goals leads the tournament.

GETTY IMAGES

SEMIFINALS

Russia eliminates U.S. for third straight year

Yegor Korshkov had the eventual winner and added an assist as Russia advanced to the final of the world junior hockey championship with a 2-1 victory over the United States on Monday.

Russia will face host Finland in the tournament's gold-medal game on Tuesday.

Pavel Kraskovski also scored for Russia and Ilya Samsonov made 26 saves for the win

Christian Dvorak scored for the United States, which will face Sweden on Tuesday afternoon in the bronze-medal game.

The Russians ousted the U.S. in the tournament for the third straight year.

Finland earns chance to win gold on home ice

Antti Kalapudas scored the winning goal Monday as host Finland advanced to the final of the world junior hockey championship with a 2-1 win over archrival Sweden.

Kalapudas scored on a second-period power play to send Finland to its second championship final in three years. The Finns beat host Sweden 3-2 in the 2014 gold-medal game.

Roope Hintz also scored for Finland. Rasmus Asplund had the lone goal for Sweden.

Kaapo Kahkonen made 21 saves for the win. THE CANADIAN PRESS

NHL

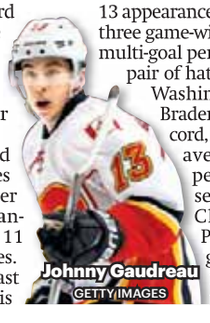
Gaudreau named December's top star

Calgary Flames forward Johnny Gaudreau is the NHL's first star of December after leading the league with 12 goals in 13 games over the month.

Gaudreau also had six assists as the Flames went 9-4-0 in December and completed a franchise-record run of 11 straight home victories.

He registered at least one point in nine of his 13 appearances, highlighted by three game-winning goals, four multi-goal performances and a pair of hat tricks.

Washington goaltender Braden Holtby (9-0-1 record, 1.69 goals-against average, .947 save percentage) is the second star, while Chicago winger Patrick Kane (nine goals, 10 assists) is the third star. THE CANADIAN PRESS



Johnny Gaudreau

GETTY IMAGES

IN BRIEF

Price improving but not ready to return to Habs

The Montreal Canadiens say star goaltender Carey Price is not ready to return to the ice as he continues to recover from a lower-body injury.

Coach Michel Therrien said after Montreal's practice Monday that Price's rehab is going well, but he's not ready to resume skating.

Montreal has struggled without its star goaltender, going 5-11-1 in Price's absence. THE CANADIAN PRESS

Kazmir 3-year deal spreads payments through 2021

Scott Kazmir's $48-million, three-year contract with the Los Angeles Dodgers includes payments through 2021.

As part of the agreement, which includes a $5-million signing bonus, Los Angeles will defer $8 million of each year's salary without interest, money payable in equal installments each Dec. 15 from 2019-21.

Kazmir can opt out of the deal following the 2016 season. THE ASSOCIATED PRESS

CFL

Stampeders release veteran linebacker

The Calgary Stampeders have released veteran middle linebacker Juwan Simpson after eight years with the team.

General manager John Hufnagel said in a statement Monday the move was made because of "salary-cap considerations and the need to give an opportunity to younger players."

Simpson has been a Stampeder his entire CFL career and won two Grey Cups with the club. The 31-year-old from Decatur, Ala., played 115 regular-season games and 11 playoff games for Calgary.

Simpson has recorded 395 career tackles, 24 sacks, three interceptions and seven forced fumbles. THE CANADIAN PRESS

3

The number of times Simpson was named a West Division all-star.

RECIPE Baked Eggs with Mushrooms

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This light yet comforting dinner is perfect for a night when you get home late feeling like you can't possibly cook.

Ready in
Prep time: 20 minutes
Serves 2

Ingredients
- 2 Tbsp butter
- 2 cups sliced mushrooms
- 1 clove garlic, minced
- 3/4 tsp fresh thyme (maybe 1/2 tsp if you're using dried)
- 1/2 cup Fontina cheese, grated
- 2 eggs
- Salt and pepper to taste

Directions
1. Preheat the oven to 400 F.
2. In a small-ish, oven-safe pan, melt your butter over medium heat. Add the garlic, mushrooms and thyme. Allow the mushrooms to soften for about 3 minutes.
3. Sprinkle the grated cheese evenly across the mushrooms.
4. Now crack the eggs, side by side, over all of it. Slide the pan right into a hot oven. Ten minutes will give you firm whites and slightly runny yolks. Eggs are a very personal business so keep an eye on them!
5. Serve with warm, buttered toast.

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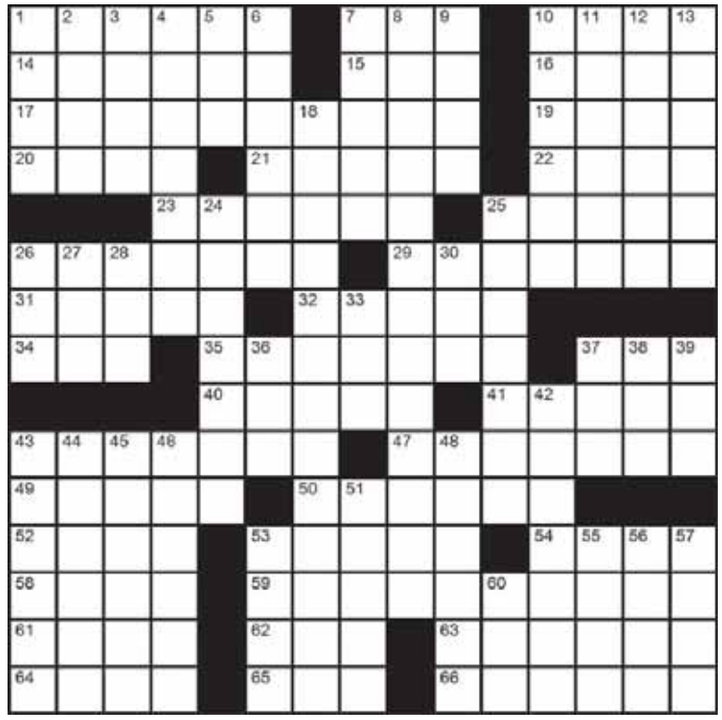
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Brains
7. Printer resolution meas.
10. Apple variety
14. Coffee style: 2 mots
15. Alphabetical, e.g.
16. "Z" (1969) star Mr. Montand
17. Family member who dies of a stroke in The Grapes of Wrath: 2 wds.
19. Rat rivals
20. Bypass
21. Tenor role in 1892 opera Pagliacci
22. Big name in shoes
23. More grey
25. Actress Kathy
26. Swimming gear
29. CGI = Computer-generated _
31. _ Scialfa (Bruce Springsteen's wife)
32. Gardeners, at times
34. St. John's International Airport code
35. Suggest
37. Stallion's snack
40. Sulky
41. "Cheers" role
43. Parking penalties
47. Belonging to Canadian actor James Doohan's character on "Star Trek"
49. Broadcasting: 2 wds.
50. Department store of yore
52. Not is
53. Mary _ (William Shakespeare's mom)
54. Russian car
58. Swag
59. Trivial Pursuit, and others: 2 wds.
61. Fashion magazine
62. Pre-AD years
63. Federal government centre
64. Jerry's showbiz partner
65. Mythological beatified spirit
66. Canadian hockey great Cam's surnamesakes

DOWN
1. Droops
2. Gloom
3. Jai _
4. Protective wall or embankment
5. Hint
6. Charlie Chaplin grew/wore one, informally
7. "Lorna _" (1951)
8. Ontario band that makes one think of another part of the country: 2 wds.
9. Oliver! song: "_ _ Anything"
10. Athlete's stuff-carrier: 2 wds.
11. Fly
12. Dr. in "The Silence of the Lambs" (1991)
13. Similarly not difficult: 2 wds.
18. Elvis Presley movie: 2 wds.
24. Doll sister of Barbie
25. Having been the inspiration, as per movies: 2 wds.
26. Have the drone do a looksee
27. Refuser's ritzy response
28. Baseball great Mel
30. _. Fields (Brand of cookies)
33. Decide
36. Decompose
37. Old _ (Not in style)
38. "_ takers?"
39. Thumbs-up
42. 1959 Ricky Nelson hit: 2 wds.
43. Slogged away
44. Footwear accessory
45. Prairies-grown oilseed crop
46. _ heels (Retro style shoes)
48. Mike _, Montreal Canadiens goalie
51. Recipe's salt amount: 2 wds.
53. "Waterloo" band
55. Mrs. George Clooney
56. Damp
57. Botanist Mr. Gray's
60. Bell Atlantic + _ _ _ = Verizon

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Little things will seem less important. But where money matters are concerned be careful you don't let things slide — the line between making a profit and making a loss is not as wide as you seem to imagine.

Taurus April 21 - May 21
Your confidence will soar. You will believe in yourself with every fiber of your being and that belief will make the impossible possible. Don't expect loved ones and colleagues to always be on the same level though.

Gemini May 22 - June 21
Things may look a little gloomy. You won't find it so easy to reach out to the world but that's okay. Try looking in at yourself for a change.

Cancer June 22 - July 23
Someone new will come into your life. Whether or not the friendship stands the test of time remains to be seen but even if it is short-lived it will give you an emotional lift and help restore your faith in people.

Leo July 24 - Aug. 23
You'll attract the attention of some important people. If you play your cards right you might soon be a VIP. The cream always rises to the top.

Virgo Aug. 24 - Sept. 23
Life is good and about to get better. No, really. Even with Mercury, your ruling planet, beginning one of its retrograde phases today you can't help but be more open, outgoing and optimistic.

Libra Sept. 24 - Oct. 23
You'll get the chance to make some serious money, but you could also lose money if you get carried away and start thinking you can't fail. Is there a hidden catch? There may be.

Scorpio Oct. 24 - Nov. 22
No one is immune to your charms. You know exactly what words to use to win others over and you know that even if they resist it is only a matter of time before they give you what it is you desire. You're unstoppable.

Sagittarius Nov. 23 - Dec. 21
Make your routine less exhausting. Find ways to get colleagues to shoulder more. Just because you can do most tasks better than them does not mean you should do everything.

Capricorn Dec. 22 - Jan. 20
This should be one of the most enjoyable times of the year — the only thing that can spoil it is self-doubt. Ignore the voice in your head that says you're out of your league. You're in a league of your own!

Aquarius Jan. 21 - Feb. 19
Let loved ones know what you think of them today, even though it may be less than flattering. Don't worry that you might hurt their feelings. The truth is important.

Pisces Feb. 20 - March 20
You don't care in the slightest what others think — go out of your way to shock today. Life is too short to waste time wondering if others approve of your words and actions.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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